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ABSTRACT

This annual report from the Michigan Council on Physical Fitness and Health describes a project initiated by the Council in 1977. "Project Fitness" serves to evaluate the physical fitness levels of all students in the public schools from grades kindergarten through twelve. Emphasis is placed upon early education of children in the importance of physical exercise as a part of overall health care. A cardiovascular health program for youth is endorsed by the Council. The information dissemination activities of the Council are listed as well as the advisory roles assumed. Future plans are outlined. (JD)

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Michigan Council on

PHYSICAL FITNESS and HEALTH

Annual Report 1977

Michigan Council on Physical Fitness and Health

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MICHIGAN DEPARTMENT OF PUBLIC HEALTH

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MICHIGAN COUNCIL ON PHYSICAL FITNESS AND HEALTH

ANNUAL REPORT

to the

MICHIGAN DEPARTMENT OF PUBLIC HEALTH

December 31, 1977

SP012 919

WILLIAM G. MILLIKEN, Governor

MAURICE S. REIZEN, M.D., Director

STATE OF MICHIGAN
DEPARTMENT OF PUBLIC HEALTH
3500 N. LOGAN, P.O. BOX 30035, LANSING, MICHIGAN 48909

January 3, 1978

The Honorable William G. Milliken
Governor of Michigan
State Capitol Building
Lansing, Michigan

Dear Governor Milliken:

It is my privilege to transmit to you and to the members of the Legislature the 1977 Annual Report of the Michigan Council on Physical Fitness and Health.

In 1977, the Council concentrated on the development of physical fitness and health programs for people in their youth when living habits are in their formative stages. This was done in compliance with one of the goals in your Executive Order establishing the Council.

In 1978, the Council plans to devote more attention to physical fitness and health programs for people in other age groups.

Your support of the Council during the past year is appreciated.

Sincerely,

Maurice S. Reizen, M.D.
Director

MICHIGAN COUNCIL ON PHYSICAL FITNESS AND HEALTH

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Grosse Pointe Woods

Richard Redfearn, Ph.D.
East Lansing

Phyllis Terwilliger
Iron Mountain

December 30, 1977

Maurice S. Reizen, M.D.
Director
Michigan Department of Public Health
3500 North Logan Street, PO 30035
Lansing MI 48909

Dear Doctor Reizen:

I am pleased to transmit to you on behalf of the Michigan Council on Physical Fitness and Health the 1977 Annual Report. The report summarizes the Council's work for the year and states its plans for the future.

Credit for the Council's accomplishments during 1977 go to its members for their dedicated service and to you and your staff for providing assistance and support.

Sincerely,

Stephen J. Galetti

Stephen J. Galetti
Chairperson

SJG/meh

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Introduction

The Michigan Council on Physical Fitness and Health was created on March 25, 1975 when Governor William G. Milliken signed Executive Order 1975-3. Governor Milliken appointed the Council membership on September 22, 1976.

The Council's first meeting was held on November 19, 1976. Succeeding meetings were held on January 21, 1977; March 4, 1977; April 15, 1977; May 20, 1977; June 17, 1977; July 15, 1977; September 16, 1977; October 21, 1977; and November 18, 1977. Copies of the minutes of all Council meetings are on file with the Michigan Department of Public Health and are available to anyone upon request.

Impetus for a statewide physical fitness and health program began in 1973 through the encouragement of the President's Council on Physical Fitness and Sports. According to the President's Council, "Exercise alone is no panacea, but the medical evidence is overwhelming: people who live sensibly and keep fit are healthier, feel better, and live longer. Medical authorities agree that regular exercise, like good nutrition, is a basic requisite of good health, as well as excellent insurance against disease, especially cardiovascular disease."

After determining that the citizens of Michigan could benefit from a physical fitness program, especially as a preventive health measure, Governor Milliken assigned the responsibility of developing the program to the Michigan Department of Public Health. Considerations given toward assigning this responsibility to this Department were as follows:

1. The Department has access to people of all ages through local health departments.

2. It has the responsibility of providing a certain level of health care to every citizen in the state.

3. It deals with aspects of health that relate to physical fitness such as

nutrition, substance abuse, occupational health, and child health.

In 1974, the Department formed an ad hoc committee on physical fitness made up of people representing various elements of Michigan citizenry who had a keen interest in physical fitness. This committee first recommended that the Michigan Council on Physical Fitness and Health be created and proceeded to recommend how it should be organized and what objectives should be established. Governor Milliken looked upon the recommendations favorably and the Michigan Council on Physical Fitness and Health was born.

Organization

During the initial meetings of the Council several organizational tasks were completed such as developing bylaws and goals, appointing committees, and proposing a budget.

Four goals were agreed upon:

1. Promote and stimulate physical fitness and health as an integral part of the total education of all children and youth, kindergarten through Grade 12, as well as the training of professional personnel.

2. Promote, stimulate, and disseminate model demonstration physical fitness and health programs in the private and public sectors.

3. Identify the role of state and local government as a motivator and regulatory agency of physical fitness and health.

4. Identify marketable techniques of physical fitness and health for the people of Michigan to assist them in achieving a quality of life.

Three committees were appointed:

1. Public Relations Committee - responsible for gaining visibility throughout the state. (Chairperson - Mr. Pingel)

2. Finance Committee - responsible for fund raising. (Chairperson - Mr. Kaline)

3. Project Research Committee - responsible for reviewing project proposals. (Chairperson - Dr. Redfearn)

The budget for fiscal year 1977-78 totals $15,000--$10,000 in anticipated donations for Council projects and $5,000 from State general funds for operating expenses.

Charge to the Council

The charge to the Council was given in the first meeting when Theodore Ervin, Department Deputy Director, cited a statement from a publication on public health.* "Clearly, the health needs of the American people have changed dramatically in the nation's 200 years, and the institutional responses of earlier decades are inadequate to solve new and complex problems. While public health programs and personnel are given decreasing visibility, our health services grow costlier each day. If we continue to devote a sizable portion of our Gross National Product to therapeutic care for those already ill, we will end up with a nation of sick people, maintained in life but not well-being. We must shift our emphasis to prevention - prevention of chronic diseases and of environmental hazards." Since physical fitness is primarily a preventive health measure, the previous statement gives it special significance.

*Public Policy and the Public Health - New Tasks for Higher Education by Sandra Salmans. Published for the Milbank Memorial Fund by Neale Watson Academic Publications, Inc., New York, 1976.

Project Fitness - Phase I

The Council spent much of its time during the early meetings discussing project ideas for the purpose of selecting one or two that would provide maximum impact in a minimum of time. As a result, the Council agreed to implement a project idea titled "Project Fitness - Phase I."

This project would serve to evaluate the physical fitness levels of all students in grades kindergarten through 12 of all Michigan schools. It could be accomplished in one year and would help to satisfy the need of placing more emphasis on physical fitness for children and youth.

This need was pointed out in Governor Milliken's Executive Order establishing the Council and has been mentioned by the President's Council on Physical Fitness and Sports on numerous occasions. It is believed that good physical fitness habits should begin early in life to enjoy a healthier and happier life as an adult.

The belief is gaining support in view of mounting evidence of a correlation between physical fitness and good health and inactivity with poor health - especially cardiovascular disease. Although symptoms of this disease appear most often among older people, studies show that it actually begins during childhood and adolescence.

Autopsies on Korean War dead who were in their twenties showed that 70% had fatty deposits obstructing their arteries. A University of Michigan study indicates that in urban elementary schools 10% of the children have elevated cholestrols, 18% have elevated triglycerides, and 19% carry too much fat. The study also indicates that over 60% of the children have one risk factor and more than 36% have two or more. The Special Advisors on Business and Industry of the President's Council on Physical Fitness and Sports states, "Substantial evidence supports the belief that serious, chronic health problems, such as heart disease and low back disabilities, begin in childhood and adolescence."

In 1968, a World Health Organization Scientific Group determined that increasing mortality rates are associated with a higher incidence of cardiovascular diseases and also with a lower level of physical fitness. The American Heart Association indicates that regular physical activity may reduce selected coronary heart disease risk factors.

Despite this evidence of a correlation between regular physical activity and the prevention of heart disease, studies show that youngsters in our mechanized society are in poorer physical condition than ever before. The President's Council on Physical Fitness and Sports reports that in the decade between 1965 and 1975 American boys and girls did not improve their scores over the previous decade on the American Alliance for Health, Physical Education, and Recreation Youth Fitness Test. The PCPFS also reports that in tests of physical strength, stamina, and flexibility, American boys and girls fare poorly in comparison with European youngsters.

In Michigan, the statute requiring physical education in schools is very limited and as a result many schools fail to provide adequate time for students to receive appropriate instruction. Additionally, there is no requirement for identifying the fitness levels of our young people.

Project Fitness - Phase I will at least help to correct the latter deficiency and should serve as a tool to achieve accountability for the physical education program of schools.

The project involves a request of each school to select a physical fitness test battery for conducting the evaluation. This battery may be that of the Michigan Association for Health, Physical Education, and Recreation and Michigan Department of Education which would be furnished free of charge by the Council; that of the American Alliance for Health, Physical Education, and Recreation; or another test battery of its own choosing.

Test scores would be for use by the schools to measure the improvement of their physical education program. In Phase II of the project, the scores will be requested

by the Council to identify improvement on a statewide basis.

Participating schools will be honored with a Governor's Award which will be presented during Michigan Physical Fitness and Health Week in the spring of 1978.

As of November 18, 1977, 1,117 schools expressed interest in participating in the project.

The cost of "Project Fitness - Phase I" will total $500 ($200 for awards, $300 for mailings). This expense is being assumed by the Michigan Association for Health, Physical Education, and Recreation.

Feelin' Good

This is the title of a cardiovascular health program for youth which the Council agreed to support with letters of endorsement. The program focuses on exercise to strengthen a youngster's heart and activities that teach a young person concepts about the circulatory system, how to take blood pressure, check heart rate, and determine the percentage of body fat. The program also includes discussions and activities on nutrition, physical fitness, and the hazards of obesity, smoking, and stress.

"Feelin' Good"is sponsored by the National YMCA. It has been field tested on more than 5,000 children and more than 100 teachers and administrators across the United States. It has already been initiated in Baltimore, Maryland; Philadelphia, Pennsylvania; Fort Myers, Florida; Los Angeles and San Francisco, California; Minneapolis, Minnesota; Cincinnati, Ohio; and Houston, Texas.

One of the Council members, Dr. Charles Kuntzleman, is coordinating the program in Michigan. Although the program is designed to be delivered through YMCAs, Dr. Kuntzleman feels its greatest impact can be achieved in the schools and has gained YMCA permission to implement it in Michigan schools.

The program began on a pilot basis in the fall of 1977 at Northwest Public Schools (Grades K-9) in Jackson County. This pilot project is being sponsored by the Jackson Heart Association. Upon successful completion of the pilot project,

the program will be expanded to 10 additional counties and eventually to schools in all counties of the state.

Rationale for Council support of the "Feelin' Good" program is the same as that for "Project Fitness - Phase I." Good health habits must be learned early in life to avoid problems later on.

One of the problems that has been increasing over the years is that of rising medical costs. Money spent on health care in the United States has increased from $12 billion in 1960 to $67 billion in 1970 and to $118 billion in 1975. The high cost of medical care prompted Governor Milliken to state in an October 19, 1976 speech, "The immediate problem we face in Michigan is to reach agreements with the doctors, hospitals and other health care groups to hold total Medicaid costs within the $811 million level budgeted for this year. If suitable agreements cannot soon be worked out, the state may be obliged to implement severe cut-backs."

One of the reasons for rising medical costs is the cardiovascular disease epidemic which kills more people in Michigan and in the U.S.A. than all other causes of death combined. Since there is a strong relationship between physical fitness and avoiding heart disease, the "Feelin' Good" program is a step in the right direction.

Other Activities

The Council has also been involved with:

*Reviewing the latest information on physical fitness as provided by articles, reports on three conferences, and publications from the President's Council on Physical Fitness and Sports.

*Distributing information on physical fitness by means of speeches, interviews on radio, news releases, reports, and letter and telephone correspondence.

*Working cooperatively with the President's Council on Physical Fitness and Sports on administrative and promotional matters.

*Working cooperatively with the Michigan Association for Health, Physical Education and Recreation on promoting Michigan Physical Fitness and Health Week.

*Establishing liaison with the Michigan Department of Education concerning physical fitness for young people.

*Maintaining a file of printed information, films, and slides pertaining to physical fitness.

*Reviewing and making recommendations on legislation that pertains to physical fitness.

*Initiating the development and endorsement of pamphlets on physical fitness and health.

*Initiating the development of a position statement supporting daily physical education for all students in grades K-12 of Michigan schools.

*Initiating the development of a resolution for endorsement by the Michigan Association of Osteopathic Physicians and Surgeons Incorporated and the Michigan State Medical Society urging all school districts to require daily physical education for all children and youth in grades K-12 of Michigan schools.

*Initiating the development of an award to be given annually to an individual who has made an outstanding contribution to physical fitness.

*Preparing a newsletter for publicizing the Council and its activities throughout the state.

*Working in an advisory capacity with the Michigan Heart Association on projects involving physical fitness.

*Working in an advisory capacity with Lansing Community College in the development of three courses pertaining to physical fitness as a therapeutic and preventive measure.

Future Activities

The Council has expressed an interest in the following activities in the future:

*Promoting physical fitness by means of demonstrations during the half-time of a Detroit Lions football game.

*Developing projects that would improve the physical fitness of adults of all ages.

*Placing more emphasis on nutrition as it relates to physical fitness.

*Holding a physical fitness conference or workshop for educational purposes.

*Promoting "Project Fitness" and the "Feelin' Good" program to a greater extent over the mass media.

*Increasing physical fitness opportunities for handicapped persons.

*Supporting consumer education in the area of injuries to youth participating in athletics.

*Endorsing events held throughout the state that promote physical fitness in a safe manner.